

Meal on Wheels (MOW) & Congregant Meals (CM)

Wasatch County Senior Center: 435-654-4920

Please Reserve Your Meal At Least 24 hrs prior

Congregant Meals: Lunch Served at Noon/ Breakfast Served at 9:00am

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2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 MOW: CHICKEN CUTLET, Potatoes & Gravy, Peas, Peaches & Roll CM: SLOPPY JOES, Potato Salad & 4 th of July Fruit Salad	2 MOW: FISH, Au Gratin Potatoes, Carrots, Pears & Roll CM: SLOPPY JOES, Potato Salad & 4 th of July Fruit Salad	3 MOW: CHILLI DOG, Tator Tots, Corn, Watermelon, Bun	4 Happy 4th of July 	5 MOW: SALISBURY STEAK, Potatoes, Carrots, Tropical Fruit & Roll
8 MOW: BBQ RIBLETS, Mac & Cheese, Pork-N-Beans, Applesauce, Cookie & Roll	9 MOW: MACARONI & BEEF, Green Beans, Cottage Cheese, Pears & Roll CM: HOT TURKEY SANDWICH, Potatoes & Gravy & Fruit Salad	10 MOW: CHICKEN TERIYAKI, Egg Roll, Stir Fry Vegetables, Orange Wedge & Roll	11 MOW: QUESADILLA, Tator Tots, Beans, Cantaloupe Chips & Salsa CM: MEAT LOAF, Potatoes & Gravy, Peas, Peaches & Roll	12 MOW: ROAST BEEF, Potatoes & Gravy, Peas & Carrots, Apple Pie & Roll
15 MOW: CHICKEN CORDON BLEU, Potatoes & Gravy, Peas, Pears & Roll	16 MOW: BEEF STEW, Tator Tots, Green Beans, Peaches, Pudding & Roll CM: BREAKFAST, Hashbrowns, Eggs, Bacon, Muffins, Fruit, Juice & Milk	17 MOW: LASAGNA, Corn, Salad W/ Ranch, Watermelon & Garlic Toast	18 MOW: GROUND ROUND, Potatoes & Gravy, Mixed Vegetables, Tropical Fruit & Roll CM: BOX LUNCH CHICKEN CROSSIANT, Potato Salad & Apple Slices	19 MOW: HAM, Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll
22 MOW: HICKORY CHICKEN, Au Gratin Potatoes, Green Beans, Pears & Roll	23 MOW: CHEF SALAD W/ RANCH, Orange Wedge & Crackers CM: PICANTE CHICKEN, Red Potatoes, Green Beans, Banana Pudding & Roll	24 	25 MOW: PORK CHOP, Potatoes & Gravy, Carrots, Applesauce, Cookie & Roll CM: CHEF SALAD W/ RANCH	26 MOW: TURKEY SANDWICH, Potato Salad & Apple Slices
29 MOW: CHICKEN FRIED STEAK, Potatoes & Gravy, Peas, Banana & Roll	30 MOW: CHICKEN NUGGETS, Mac & Cheese, Green Beans, Peaches & Roll CM: FISH, Baked Potato, California Blend Vegetables, Salad, Mandarin Oranges & Roll	31 MOW: HAMBURGER, Pork-N-Beans, Corn, Apple Slices & Bun		

SUGGESTED MEAL DONATIONS The Suggested contribution for the meal program at the Senior Center and for Meals on Wheels is \$3.00 per meal for seniors 60+ and their spouse. The mandatory cost for those younger than 60 is \$6.00. Seniors with more financial resources are encouraged to donate the full \$6.00